

# Taijiwuxigong

Taijiwuxigong was developed directly from Taijiquan by Dr Shen Hongxun to combat contemporary stresses and health problems. It is an easy to learn, safe and effective method of physical and emotional self-healing, and the basis of healing others.

Taijiwuxigong is the link between Qigong (Chi Kung) and Taijiquan (Tai Chi Ch'uan). It awakens the energy, the Qi, within the practice of Qigong, Taijiquan and any type of body energy work. It uses both standing and moving exercises to cultivate spontaneous internal Qi movement.

## Spontaneous Movement

Spontaneous movement is the most important reaction of Qigong practice – only when Qi is moving can stagnation and blockages be removed – and only then can any Qigong exercises actually improve health. Many people talk about or study Qi for ages but few actually FEEL it as a living, moving experience in their own body. Taijiwuxigong can give you this direct experience. Taijiwuxigong can treat disease by optimising the body's self-healing ability, and lead to the awakening of the latent functions innate to all of us.

Spontaneous movement is a normal phenomenon of life. All the time the human body is active with physiological processes such as digestion and metabolism, production

and distribution of hormonal substances, flow of bodily fluids, cell renewal, etc.

Organs, body tissues, muscles all perform their functions by way of spontaneous movement, most of the time unnoticed and unknown to us. Just imagine how many times you have blinked your eyelids as you read this, how many breaths you have taken, how many heartbeats it will take to reach the end of this page and the wonderful things your body has been doing in the meantime with the nutrients from the last meal you ate – all this completely spontaneously. Hair and nails grow, cells are replaced, blood renewed, organs upgraded, all by a bodily wisdom we never question until it goes wrong. Induced Spontaneous Movement allows access to the self healing knowledge and abilities of the body.

Life is Movement, movement is motion and motion has frequency. There are countless reasons why the healthy frequencies, the natural internal movements of the body become out of sync or do not function at their optimal level. If normal bodily functions are impaired and below par, it is only a question of time before health problems and premature ageing set in.

Taijiwuxigong systematically addresses the different external and internal body regions and parts, joints, muscles, organs and most importantly the spine, through which all body parts are connected by way of nerve pathways running along the whole length of the spinal column. Specific exercises are designed to regulate, normalise and optimise frequencies, movement and function.

The exercises themselves are adaptable for individual level of fitness, stamina, etc., which will naturally improve throughout the course of practice. For someone of reasonable fitness, an exercise session may be akin to a vigorous physical workout, with spontaneous movement manifesting strongly in form of physical external and internal movement, with the added benefit of leaving the practitioner feeling energised and revitalised.

## Earth Force

In Taijiwuxigong we are not only working with our own energies, but also with Earth energy. Earth Force is abundantly available once you know how to use the specific exercises to tap into it. This force, when correctly directed, combines with and enhances our own energy force. Together, they are vital in re-aligning the spinal column, counteracting and correcting displacement and compression of the inter-vertebral discs and activating the body's auto-regulating functions.

Experiencing, understanding, directing and controlling these forces is the key to treating and healing oneself.

## Five-Joint-Breathing with Wuxi Daoyin

Daoyin are controlled movement or semi-spontaneous exercises that address different body regions. Taijiwuxigong directly translated means Five-Joint-Breathing. With the Daoyin we address the five different body

areas (head/neck, arms/shoulders, chest, abdomen/hips and feet/heels). This really means that we are working all the joints of the body, allowing them to 'breathe' and refresh by clearing stagnation and encouraging circulation of joint fluids to exchange old fluids against new, bringing new oxygen and nutrition with them.

## This Course

This professional training consists of 6 seminars and will run over one year (see schedule). Although designed for prospective professional Taijiwuxigong teachers, it is also open to participants wishing to study this highly efficient system in depth for the benefit of their own health and self development. Students who have attended Taijiwuxigong lessons and seminars regularly in the past will, in most cases, find it relatively easy to fulfil the requirements for becoming teachers on completion of the professional training.

For complete newcomers, this is a unique opportunity to discover and to gain in-depth insight into a unique system and to embark on a new path. New students may qualify as probationary teachers by the end of the year of training (provided they do sufficient 'home-practice' and if possible attend regular evening sessions with a local teacher in addition to this training – this is indispensable to reach a sufficient level in their own development). However, most will require some further experience, and practice before being ready to teach solo. Further training opportunities will be available. It is the

mission of the Shen Hongxun College to train as many teachers as possible to the highest of standards so that this wonderful method, researched and developed for over 50 years, can be widely taught for the benefit of all.

This training will mostly be given by the founder, Dr Shen Hongxun himself and offers a unique opportunity to study directly with the source.

The one year training course covers the following subjects.

- **The Energy Pump:-** Activation of the Dantian and development of Dantian Force
- **The Pipes:-** The importance of opening the joints, lengthening of the muscles, ligaments and tendons

Opening of the Energy Channels and Energy Circulation

- **The Taps:** Fingers, Hands and Arms, Legs and Feet; how to 'open' them properly and why it is imperative to do so
- **Our Satellite Dish:** The Central Channel
- **Different types of Breathing:** Using Breath and Sound Vibration
- **The Eight Stages of Development** and how to identify and promote them, both in yourself and for your students

- **Binqi** (pathogenic factors, blockages of physical and energetic nature) ; Identification of health issues
- **Spontaneous Movement and Wuxi Daoyin**; how to use Taijiwuxigong exercises and how to direct Energy force within oneself and others to address problems and eliminate Binqi
- **The Double Vicious Circle** of negative Emotion and poor Posture; addressing the underlying causes of ill health ;

Identifying and breaking the Double Vicious Circle

- How to Teach a Taijiwuxigong class and lesson organisation (this will be taught on an additional day for prospective and current teachers; date t.b.a.)

## Fees:

5-day residential, Newport, Shropshire:

|                              |                            |
|------------------------------|----------------------------|
| Course Fee:                  | £250                       |
| Accommodation and Full Board | (2008) £190<br>(2009) £200 |

Weekends non-residential, Northwest London

|             |      |
|-------------|------|
| Course Fee: | £120 |
|-------------|------|

Reduced course fee

|                                    |      |
|------------------------------------|------|
| If paid in total on the first day: | £900 |
|------------------------------------|------|